

APPLE BANANA SALAD WITH PEANUTS

Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. Perfect for busy holiday meals.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- 12 oz lettuce mix
- 2 ripe bananas
- 14 oz sliced apples, prepackaged or 2½ apples, sliced
- ¾ cup unsalted dry roasted peanuts

Dressing

- 1/3 cup plain low-fat yogurt
- 2 tbsp fat-reduced mayonnaise
- 1 tbsp honey
- 2 tsp paprika

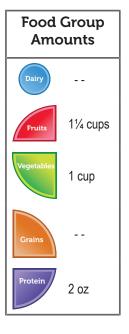


DIRECTIONS:

- 1. Whisk together dressing ingredients.
- 2. Slice bananas.
- 3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Serving Suggestions:

Serve with 8 oz non-fat milk and one slice of rustic whole-grain bread.



Amount Per S	erving		
Calories 330		Calories f	rom Fat 1
		%Da	ily Value
Total Fat 17g			26
Saturated Fat 2	2.5g		13
Trans Fat 0g			
Cholesterol 5	ma		2
Sodium 90ma			4
Total Carboh	vdrate 42a		14
Dietary Fiber 8			32
Sugars 26g	9		
Protein 10g			
Protein 10g			
Vitamin A 110	% •	Vitan	nin C 25
Calcium 10%	•		Iron 10
* Percent Daily calorie diet. You	r Daily Valu	es may be calorie nee	2,000 higher
* Percent Daily calorie diet. You or lower dependi	r Daily Valu	es may be calorie nee 2,000	2,000 higher
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Tips on how to select and store:

- Choose bananas that are slightly green on the stem and tip. They should be firm, without bruises.
- Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

Recipe Submitted by Produce For Better Health Foundation



